

LABEL

SC DHEC's diabetes education program



Diabetes education is an initiative to educate citizens of South Carolina on the prevention, detection and treatment/self-management of diabetes. DHEC's state mission is to promote and protect the health of the public and the environment. SC DHEC is committed to the concept that diabetes self-management education is a crucial part of diabetes care. One of the long-term goals of the agency is to improve the health for all and to eliminate health disparities in South Carolina. A strategic goal to accomplish this broad objective is to eliminate racial disparities in illness, disability and premature death from chronic illnesses. This program of diabetes awareness and self-management education will enable DHEC to reach this goal.

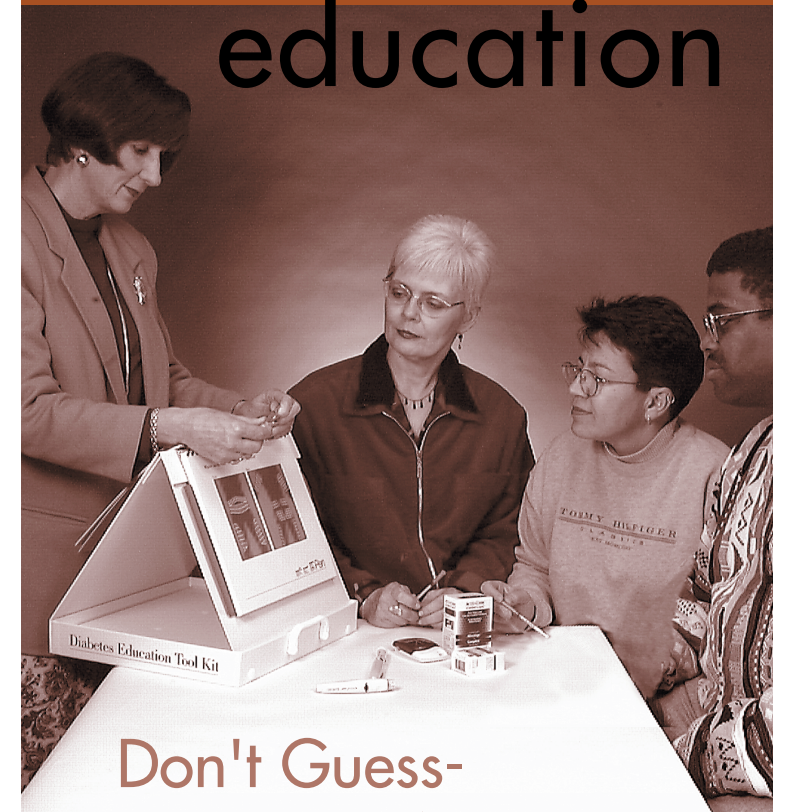
Our Diabetes Education Program is designed to provide patients/care givers and staff the opportunity to acquire the knowledge, technical skills and psychosocial skills necessary for optimum management of diabetes. We promote collaboration with all members of the health care team in order to facilitate continuity and quality of care.

Contact your local DHEC Public Health Department for more information

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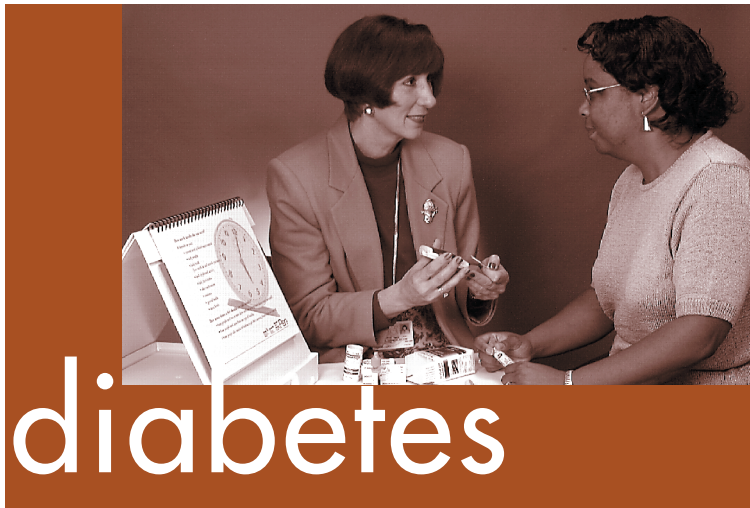


diabetes education



Don't Guess- Get Answers

American Diabetes Association (ADA)
Recognized Diabetes Education Program



diabetes

...is a major public health problem in South Carolina.

...affects at least 250,000- 350,000 people in South Carolina

...can shorten the lifespan by 5-10 years if not controlled

...affects African Americans and Native Americans at a greater rate than Caucasians.

...places South Carolina in the top ten in the nation for reported prevalence of diabetes.

DHEC diabetes education...

...is essential to the management and care of diabetes.

...helps people avoid or delay the complications associated with diabetes.

...follows the American Diabetes Association program guidelines

...can be paid for through a variety of sources.

Our goal for everyone with diabetes is self-management

Our program does this by:

1. Assessing each person's needs, to include:
 - Medical history
 - Present health status
 - Knowledge of diabetes
 - Diabetes skills
 - Present health behaviors
 - Medication usage
 - Lab values
 - Utilization of health services
 - Socio-economic barriers
 - Special learner needs
 - Educational level
2. Developing and implementing an individualized diabetes education plan for the patient and their family/support person.
3. Facilitating lifestyle changes and application of self-management skills.
4. Providing diabetes education on an individual basis or in a group setting.
5. Providing follow-up and annual educational review.
6. Encouraging patients to attend diabetes support groups.

DHEC diabetes education program

1. Our program will serve all ages, gender and races of clients who have diabetes (Type 1, 2, Gestational Diabetes).
2. DHEC utilizes interdisciplinary teams of professionals including Certified Diabetes Educators, Registered Nurses, Registered Dietitians and Medical Social Workers.
3. These teams communicate and collaborate with the client's private physician to meet the individual needs of each person.
4. Program outcomes focus on:
 - Improvement in clinical lab values
 - Positive changes in self-care behaviors of
 - physical activity
 - nutrition
 - monitoring blood glucose
 - problem solving for high/low blood glucose and sick days
 - reducing risks of complications
 - psychosocial adaptation

